

on the *move*

North Carolina A&T State University School of Agriculture and Environmental Sciences Newsletter — *Produced by Agricultural Communications*

Dr. Harold L. Martin Sr., *Chancellor*
Dr. Bill Randle, *Dean, School of Agriculture and Environmental Sciences*
Dr. Antoine Alston, *Interim Associate Dean, Academics*
Willie T. Ellis Jr., *Associate Dean, Administration*
Dr. Shirley Hymon-Parker, *Associate Dean, Agricultural Research*
Dr. M. Ray McKinnie, *Associate Dean, Administrator, The Cooperative Extension Program*

North Carolina A&T State University is a land-grant high research activity institution and AA/EEO employer.

Send change of address and correspondence to:

on the move Newsletter Editor
Agricultural Research Program
CH Moore Agricultural Research Station
Greensboro, NC 27411

or online:

www.ag.ncat.edu/communications/ mailing_list_form.html

8,500 copies of this public document were printed on recycled paper at a cost of \$1,309.04 or \$0.15 per copy.



Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. Employment and program opportunities are open to all people regardless of race, color, national origin, sex, age or disability. North Carolina A&T State University, North Carolina State University, US Department of Agriculture and local governments cooperating.



Nonprofit Org.
US Postage Paid
Permit No. 202
Greensboro, NC



on the *move*

Preparing. Finding. Implementing solutions.

North Carolina Agricultural and Technical State University
School of Agriculture and Environmental Sciences
Newsletter
www.ag.ncat.edu

October 2012 • Vol. XI, No. 5

Extension now formidable foe of childhood obesity

IN AN INGLES GROCERY in Jackson County, children run up to Katie Peterson and proudly tell her about the good foods they've been eating. Then, in that way that children have of getting right to the heart of things, they introduce their parents to Peterson using her other name: "Mama this is The Nutrition Lady. This is The Food Groups Lady."

Peterson is actually one of seven 2012 summer interns who were dispersed across the state by The Cooperative Extension Program at A&T to help battle the epidemic of childhood obesity. Under the banners of Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP) and 4-H, the interns taught nutrition and exercise to more than 1,000 students, ages 5 to 13. The student instructors not only talked healthy eating, but also prepared healthy snacks and involved the children in making recipes such as black-bean salsa. The young participants learned the importance of turning off their hand-held devices, video games and televisions; and redirecting their energies to joining their instructors in jump rope, jumping jacks and other activities.

By the end of six weeks, these seven interns in eight counties had reached 1,015 children, helping them develop healthy habits that ward off both childhood and adult obesity. Lonnelle Marsh, an Extension project associate, says involving Cooperative Extension, college students and community groups was an innovative approach to addressing a serious issue.

"We're looking at a programming effort that could and is resulting in behavior change," Marsh says. "It's awareness. We're not just talking about nutrition, but giving children opportunities to taste nutritious food and prepare nutritious food. We're showing them the importance of exercise.

"That's the whole concept around 4-H: You hear it. You try it. You do it. It's experiential learning."

In the United States, 17 of every 100



A basic knowledge of foods and nutrition can set the stage for a healthy childhood.

young people between 2 to 19, are overweight or obese, according to the Centers for Disease Control and Prevention. And in North Carolina, 32 percent of children 10 to 17 are overweight. Cooperative Extension's effort is aimed at lowering incidences of obesity and the devastating effects that it is having on state residents' health, affecting such diet-related conditions as diabetes, high blood pressure, asthma and high cholesterol.

What's more, the incidences of unhealthy weight are higher in limited-resource and minority neighborhoods; communities where The Cooperative Extension Program focuses its programs.

"With low-income audiences, we're the ones who have the most negative consequences, which is why it is so crucial for us to reach the audiences that need our help," says Dr. Claudette Smith, Cooperative Extension's family resource management specialist. "With youth, we want to start healthy habits early; get them while they're young and, through 4-H, instill good habits. We're going to rural communities and urban centers and providing access to students in their churches and community centers, and places where there are

programs to reach audiences where they live."

Smith helped organize the EFNEP Summer Initiative, which paired college juniors and seniors majoring in food and nutrition, public health, nursing or related fields, to eight North Carolina counties: Forsyth, Guilford, Nash, Robeson, Stanly, Swain and Jackson, and Washington. Cooperative Extension then partnered with more than 20 groups, and with county Extension centers, to do the outreach nutrition education. The college students trained at A&T for one week, with sessions conducted by Marsh, Smith; Dr. Carinthia Cherry, Extension nutrition specialist, and others. The students then dispatched to their respective counties where they underwent another week of training with county Extension agents and directors, and then spent the ensuing six weeks working with the youth.

Dr. Gladys Shelton, program leader for Cooperative Extension's Family and Consumer Sciences unit, says the EFNEP Summer Initiative will be offered again next summer.

"It's been very successful, great exposure across the state for Cooperative Extension at A&T," Shelton says, "and particularly so in working and helping that many youth."

on the *move*/flip side

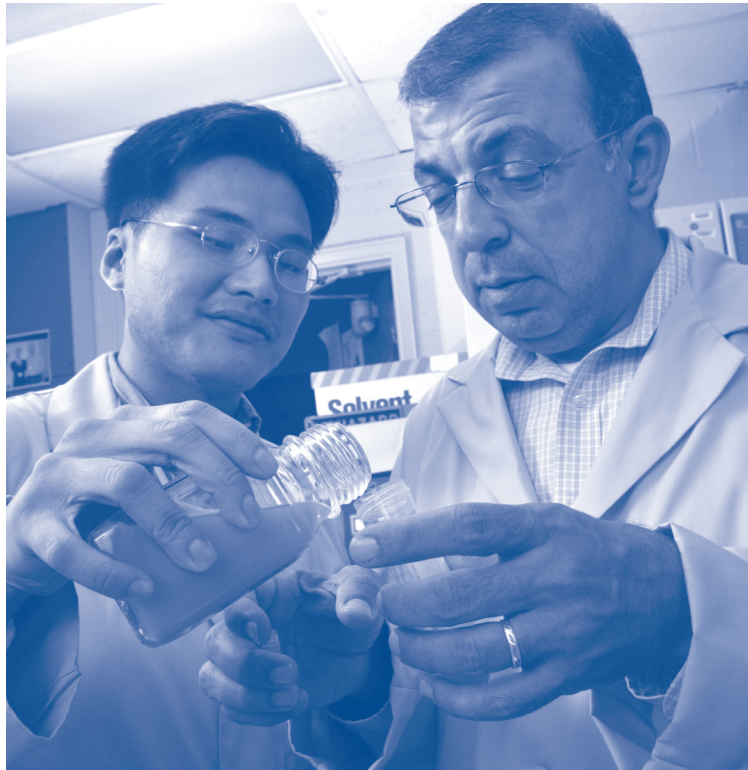


MARK YOUR CALENDAR

Homecoming Weekend 2012

- **Oct. 26, 11 a.m. - 2 p.m.:** Annual reception for SAES alumni on the Webb Hall front lawn
- **Oct. 27, 8 a.m.:** Homecoming parade begins Saturday
- **Oct. 27, 1:30 p.m.:** Aggie football team hosts Norfolk State

www.ag.ncat.edu



Dr. Salam Ibrahim (right), an SAES food scientist, and one of his undergraduate students, Somphavanh Phetsomphou



Dr. Niki Whitley, Cooperative Extension's animal sciences specialist and interim program leader for agriculture and natural resources

Fall Field Day at University Farm set for week before Homecoming

THE ANNUAL FALL Small Farms Field Day at the University Farm will be Thursday, Oct. 18, from 9 - 11:30 a.m. Several research projects focused on extending growing seasons and fall vegetable production will be open for tours guided by Extension and other SAES associates and specialists. Among the innovations for small-scale agriculture on the Field Day agenda are high-tunnel greenhouses, starting a pasture for outdoor livestock production systems, the use of plasticulture with cauliflower and broccoli, winter organic tomato production and hydroponically produced specialty greens. Extension Associates Kurt Taylor and Grace Summers will make presentations covering hydroponics and plasticulture for fall vegetables, respectively. Livestock demonstrations will be conducted by Dr. Niki Whitley, Extension animal science specialist, and by Dr. Ralph Noble, chairman of the Department of Animal Sciences.

The Field Day will also include remarks by Dr. William Randle, dean of the School of Agriculture and Environmental Sciences, as well as greetings from Dr. M. Ray McKinnie, associate dean and administrator of The Cooperative Extension Program, and Dr. Fletcher Barber associate administrator for Cooperative Extension.



Stanley Hughes is an Orange County farmer whose fall greens helped him become the N.C. Small Farmer of the Year in 2004.



Dr. Jimo Ibrahim (left) of The Cooperative Extension Program at A&T gives farmers and Charles Lucas (center) and Magnolia Williams (right) guidance in constructing a high-tunnel greenhouse.

Two SAES research projects selected for consortium support

DR. SALAM IBRAHIM'S food safety research and Dr. Niki Whitley's research and Extension work on farm production continue to garner support. Two research projects that Ibrahim and Whitley helped design were the winning proposals under the Association of Research Directors new ARD Consortium Program. The program, launched in April, provides small seed grants to large teams of scientists from across the 1890 university community who are working together to solve big issues confronting society.

The ARD Consortium reflects the growing results-driven trend in funding that is affecting research universities everywhere, observed Dr. Shirley Hymon-Parker, SAES associate dean for research.

"Government funding agencies want to see researchers at the nation's land-grant universities working together to address issues in agriscience that affect

Findings from these and future seed-grant projects are expected to prove the concept of innovative and promising products or procedures, which, if developed fully, could solve issues for agribusiness and individuals.

the nation as a whole," she said.

ARD seed grants are relatively small in terms of dollars, but aim for big impacts in the long run. The food safety grant of \$100,000 will be split among 10 universities, and the farm production project is just \$25,000, split among 11 universities. Findings from these and future seed-grant projects are expected to prove the concept of innovative and promising products or procedures, which, if developed fully, could solve issues for agribusiness and individuals.

The food safety project of which Ibrahim is part will investigate the effectiveness of natural treatments for fresh produce that are expected to be safer and more appealing to consumers

than chlorine, which is the standard treatment. The project Whitley is participating in will investigate methods to make small farms more profitable using systems that integrate goats or aquaculture into vegetable production. Education and outreach are incorporated in both projects.

Dr. Moses Kairo, dean of the University of Maryland Eastern Shore, and a member of the consortium, approves of the new team approach that ARD is fostering.

"It's really critical that we work together," he said, adding "If you work alone, you're not going to solve the big issues. These problems are really global in nature."



Dr. John O'Sullivan, the SAES's professor of sustainable agriculture, local and community food systems is among the panelists lined up for the December NIFA grantsmanship workshop.

Agricultural Research Program to host national NIFA grantsmanship workshop

ANYONE PLANNING to submit a grant proposal to the National Institute of Food and Agriculture (NIFA) won't want to miss the 2012 NIFA Grantsmanship Workshop: A Focus on Partnerships, scheduled for Tuesday, Dec. 11.

The SAES is partnering with USDA's grant funding agency to present this day-long virtual and on-site presentation that will help researchers and educators improve their writing. Included in the agenda are sessions from NIFA staff and others on "thinking like a panelist"; "integrating research education and Extension into projects," and "writing impact statements."

Drs. John O'Sullivan and Nancy Creamer, directors of the Center for Environmental Farming Systems, are among the panelists who will talk on the theme of public-private partnerships. The workshop is free, but registration is required at <http://www.ncat.edu/academics/schools-colleges1/saes/agresearch/>. Space is limited for those wishing to attend on campus, and lunch will be provided. For those whose calendars are already full that day, the online workshop will be available for at least several weeks, and perhaps longer.